

**IN THE SPECIFICATION**

Please amend the specification of the application as follows:

[0001] This application claims priority from co-pending U.S. Application Serial No. 10/389,254, which in turn is a Continuation-In-Part of U.S. Application No. 10/321,296, filed December 16, 2002, which in turn is a Continuation-In-Part of U.S. Application No. 10/253,212, filed September 24, 2002, the entire teaching of these applications being incorporated herein by this reference.

Please amend the Abstract as follows:

The present invention relates to an improved isolated ~~core or~~ insulated conductor with a low dielectric constant and reduced materials costs. The conductor extends along a longitudinal axis and an insulation surrounds the conductor. At least one channel in the insulation extends generally along the longitudinal axis to form an insulated conductor. Apparatuses and methods of manufacturing the improved ~~isolated core or~~ insulated conductor are also disclosed.